



AZHE'É BIDZIL



Strong Fathers



OUTREACH SPOTLIGHT

The Strong Fathers team continues to do outreach events to spread awareness about our program to those around the community. Our facilitators have been to numerous basketball games and have embraced the festive spirit when holidays approach!



MAGNIFYING OUR IMPACT, CULTIVATING COMMUNITY EMPOWERMENT

So far in our fourth year, 61 fathers or father figures have joined our program. These include the following sites; Chinle, Fort Defiance, and Tuba City, AZ. Big shoutout to our team for their outreach efforts!



MEET CHAD!

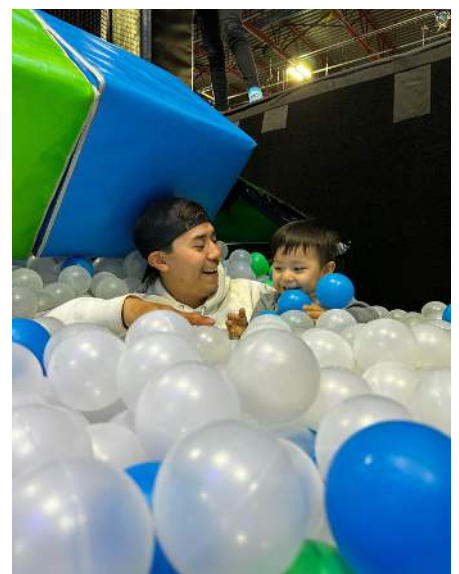


Chad is a member of the Navajo Nation who grew up and went to school in Fort Defiance, AZ. However, he and his family are originally from Chilchinbeto, AZ. His clans are Tł'ááshchí'í (The Red Bottom People Clan) Nishí, K'aahanaanii (The Living Arrow Clan) Báshishchíín, Tódich'íi'nii (The Bitter Water Clan) Dashícheii, Naakai Dine'é (The Mexican Clan) Dashináí.

Prior to joining the Center, Chad gained extensive experience in commercial and industrial mechanical construction as a pipefitter in Phoenix, AZ.

His portfolio includes pivotal contributions to notable projects such as Quality Technology Services (QTS) Data Centers, Banner Health at Banner Gateway Medical Center, Dignity Health at Chandler Regional Medical Center, The Mayo Clinic in Scottsdale, AZ, Arizona State University George M. Bateman Physical Sciences Center. Notably, Chad's most recent endeavor involved significant involvement with a Taiwanese Semiconductor Manufacturing Company based in Phoenix, AZ.

Chad is a single father and has one son. Chad loves to be with his three-year-old toddler son, who is his world. Together they do various activities together such as arts and crafts, story time, music & dance, cooking together, pretend play, outdoor activities, building and construction, and lastly, special outings. Chad is a former collegiate athlete and continues to implement physical activities in his daily life. Chad is a proud father and is now a facilitator for Azhe'e Bidziil – Strong Fathers.



MEET ZAYVEON!

My name is Zayveon Alonzo. I am originally from Texas. I am half Filipino and half Mexican. I enjoy playing sports. My favorites are basketball and soccer. I also enjoy traveling as it allows me to see different landscapes and learn about different cultures.

I graduated with a Bachelor's degree in Biomedical Sciences with a minor in Nutrition at Northern Arizona University. I am also excited to be a part of the Strong Father and Strong Men projects as a research assistant.



TIPS FOR STAYING HEALTHY THIS SUMMER

1 Move More, Sit Less!



Get at least 150 minutes of physical activity every week.

2 Wear Sunscreen and Insect Repellent



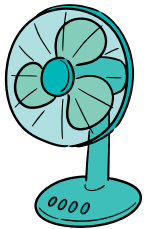
Wear sunscreen, caps, sunglasses, and clothing that covers for sun protection.

3 Wear Insect Repellent



Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito bites and ticks.

4 Keep Cool in Extreme Heat



Stay hydrated and keep cool.

5 Eat Your Fruits and Vegetables



Using fruits and vegetables in your meals can help keep you healthy.

6 Choose Your Drinks Wisely



Drink water instead of sugary or alcoholic drinks.

7 Don't Use Tobacco



You can quit tobacco today!

You can read more by visiting the CDC's website by clicking the link below:

<https://www.cdc.gov/chronicdisease/resources/infographic/healthy-summer.htm>

INTRODUCING HASTIIN BIDZIL (STRONG MAN)

The Center for Indigenous Health is launching a new program, Strong Men, this upcoming spring. It aims to reduce substance use among young Native men, and those between the ages of 18 and 26 years old will be eligible to join. Eligible men could receive up to \$75 in gift cards. This will be a brief program* (5 to 6 sessions) that includes cultural teachings and positive coping mechanisms.

For more information, please contact the program coordinator:

Kyann Dedman-Cisco (kdedman1@jhu.edu).

**This is a randomized controlled trial (RCT), which means half of the participants will receive the Strong Man program and the other half will receive a life skills or financial literacy program.*



CENTER EVENTS COMING THIS SUMMER

3RD ANNUAL COLOR FUN

This a free event that will take place on **Wednesday, June 12th at 6 pm**

This will take place at the **Chinle Chapter House, Old Airport Trail** AND the first 450 who register will receive a t-shirt

Bring the family and let's run a 5k or walk 2 miles!



TUBA CITY DISC GOLF DAY

This a free event that will take place on **Friday, June 14th from 8 am to 1 pm**

Location is to be determined. Discs will be provided along with drinks and snacks. Bring the family, sun protection, and let's have some fun to celebrate Men's Health Month!



HÓZHÓ HORIZONS SUMMER CAMP

This event will take place from **June 17-21, 2024**.

The camp will take in Chinle, AZ (Chinle Jr. High & High School), youth ages 11-19 years old. It will provide Native youth an opportunity to gain knowledge in life skills, health, and wellness. Youth will participate in health workshops and a sports activity of their choosing during the camp. Parents/caregivers will be invited to a family night to celebrate.



For more information
call (928) 674-6824

Scan QR code to register

